

120
GRATITUDE JOURNAL
PROMPTS

JOURNAL PROMPTS

- 1.ARE YOU HAPPY WITH HOW YOUR DAY TURNED OUT?**
- 2.WRITE DOWN ONE GOOD THING THAT HAPPENED TO YOU TODAY.**
- 3.WRITE ABOUT SOMEPLACE YOU'VE BEEN THAT YOU'RE GRATEFUL FOR.**
- 4.WHAT'S SOMETHING ABOUT YOUR BODY OR HEALTH THAT YOU'RE GRATEFUL FOR?**
- 5.WHAT'S SOMETHING OR SOMEONE THAT MAKES YOU FEEL SAFE?**
- 6.WRITE ABOUT A FRIEND THAT YOU'RE GRATEFUL FOR.**
- 7 LIST 5 PEOPLE THAT HAVE HAD A POSITIVE IMPACT ON YOU AND HOW?**
- 8.WHO IS SOMEONE THAT HAS INSPIRED YOU IN THE LAST WEEK? HOW?**
- 9.WHAT IS SOMETHING SPECIAL, UNIQUE, OR EXTRAORDINARY ABOUT YOURSELF?**
- 10. HOW HAS YOUR GREATEST ACCOMPLISHMENT SO FAR CHANGED YOUR LIFE?**
- 11.WHAT BOOK ARE YOU GRATEFUL FOR AND WHY? WHAT ARE THE TEACHINGS?**
- 12.NAME THREE EVERYDAY OBJECTS THAT YOU ARE GRATEFUL FOR**
- 13. WHAT DO YOU LOVE MOST ABOUT EACH SEASON OF THE YEAR?**
- 14. WHAT IS SOMETHING IN YOUR HOME THAT BRINGS YOU GREAT JOY?**
- 15. LIST THREE PEOPLE THAT HAVE MADE YOUR LIFE BETTER.**
- 16.WRITE A MOMENT OR MEMORY IN YOUR LIFE THAT YOU WILL CHERISH FOREVER.**
- 17. WHAT IS YOUR FAVORITE GRATITUDE QUOTE? WHY?**
- 18.WHAT IS YOUR FAVORITE PLACE IN YOUR HOME? WHY?**
- 19.NAME ONE LUXURY YOU ENJOY ON A DAILY OR WEEKLY BASIS.**
- 20. WRITE ABOUT SOMETHING GOOD YOU SAW IN YOUR COMMUNITY.**
- 21.WRITE ABOUT SOMETHING YOU LEARNED FROM CONTENTMENT**
- 22 WRITE ABOUT SOMETHING THAT CHEERS YOU UP WHEN YOU FEEL DOWN.**

JOURNAL PROMPTS

- 21. WRITE ABOUT SOMETHING YOU LEARNED FROM CONTENTMENT**
- 22. WRITE ABOUT SOMETHING THAT CHEERS YOU UP WHEN YOU FEEL DOWN.**
- 23. WRITE ABOUT A FAMILY MEMBER THAT YOU'RE GRATEFUL FOR.**
- 24. HOW IS YOUR LIFE MORE POSITIVE TODAY THAN IT WAS A YEAR AGO?**
- 25. DESCRIBE THE LAST TIME SOMEONE HELPED YOU SOLVE A PROBLEM AT WORK**
- 26. WRITE ABOUT SOMETHING YOU SAW RECENTLY THAT WARMED YOUR HEART..**
- 27. WHAT'S SOMETHING THAT YOU BOUGHT RECENTLY THAT YOU'RE GRATEFUL FOR?**
- 28. DESCRIBE SOMETHING BEAUTIFUL THAT IS OUTSIDE OF YOUR WINDOW**
- 29. WRITE ABOUT YOUR FAVORITE HOLIDAY TRADITIONS.**
- 30. WHAT DO YOU LOVE MOST ABOUT YOUR FAMILY?**
- 31. DESCRIBE SOMETHING YOU CHERISH IN THE ROOM WITH YOU.**
- 32. WHAT IS AN INVESTMENT YOU MADE THAT ADDED VALUE TO YOUR LIFE?**
- 33. WHAT IS YOUR FAVORITE THING ABOUT WHERE YOU LIVE?**
- 34. WHAT PART OF YOUR BODY ARE YOU MOST GRATEFUL FOR RIGHT NOW?**
- 35. WHAT HAS BEEN THE BEST THING ABOUT BEING THE AGE THAT YOU ARE?**
- 36. DESCRIBE THE BEST PART OF YOUR 20S.**
- 37. LIST 5 STRENGTHS OR SKILLS YOU POSSESS THAT NOT EVERYONE HAS.**
- 38. WHAT WAS A POSITIVE OUTCOME THAT CAME OUT OF A DIFFICULT EXPERIENCE**
- 39. WRITE DOWN THE MOST INFLUENTIAL AFFIRMATION YOU'VE EVER RECEIVED.**
- 40. WHAT WAS THE LAST BOOK YOU READ? HOW IT CHANGE YOUR PERSPECTIVE?**

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- 41. WHAT IS THE MOST THOUGHTFUL GIFT YOU'VE EVER GIVEN**
- 42. WHAT WAS THE LAST COMPLIMENT YOU GAVE SOMEONE?**
- 43. DESCRIBE YOUR SPIRITUAL JOURNEY FROM ADOLESCENCE TO THE PRESENT.**
- 44 DESCRIBE 5 WAYS YOU CAN SHOW GRATITUDE WITHOUT SAYING "THANK YOU"**
- 45. WHAT DO YOU LIKE ABOUT YOUR JOB? WHY?**
- 46. WHAT MISTAKE OR FAILURE ARE YOU MOST GRATEFUL FOR EXPERIENCING?**
- 47 DESCRIBE THE LAST TIME YOU GOT EXCITED AT WORK? WHY?**
- 48. WRITE ABOUT YOUR MOST INTERESTING GRANDPARENT.**
- 49 WHAT'S THE BEST GIFT YOU HAVE EVER RECEIVED?**
- 50. WRITE SOMETHING ABOUT YOUR FAVORITE PET YOU'VE EVER HAD.**
- 51. WRITE ABOUT THE NEAR DEATH EXPERIENCE YOU HAD.**
- 52. DESCRIBE 5 OF THE MOST BEAUTIFUL THINGS YOU'VE EVER SEEN.**
- 53. WRITE ABOUT THE BEST PART ABOUT GROWING UP.**
- 54. LIST ONE LUXURY YOU ENJOY ON A MONTHLY BASIS.**
- 55. DESCRIBE A ROAD TRIP EXPERIENCE THAT YOU HAD.**
- 56. WHO MADE YOU FEEL APPRECIATED THIS MONTH?**
- 57 LIST DOWN 3 REASONS YOU ARE GRATEFUL FOR YOUR BEST FRIEND.**
- 58. DESCRIBE HOW YOUR WARDROBE HAS CHANGED OVER THE YEARS.**
- 59. WRITE ABOUT YOUR FAVORITE FAMILY STORY.**
- 60. LIST 10 THINGS AS TO WHY YOU HAVE A BLESSED LIFE.**

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- 61. WHAT ARE YOU GRATEFUL FOR IN YOUR UPBRINGING ?**
- 62. LIST 5 THINGS YOUR BODY DOES THAT YOU ARE GRATEFUL FOR.**
- 65. HOW DID YOU FEEL BECOMING A PARENT? HOW DID IT CHANGE YOU?**
- 64. WRITE ABOUT THE FRIENDS THAT REMAINED CONSTANT IN YOUR LIFE.**
- 65. LIST 3 THINGS YOU DO THAT MAKE YOU FEEL BEAUTIFUL.**
- 66. WRITE ABOUT THE ACCOMPLISHMENTS OF YOUR LIFE.**
- 67 WHAT POSITIVE INTENTION WILL YOU SET FOR THE DAY?**
- 68. HOW DO YOU FEEL WHEN YOU ARE FILLED WITH GRATITUDE?**
- 69 HOW CAN YOU SHOW YOUR LOVE MORE FOR THE PEOPLE YOU CARE ABOUT?**
- 70. WHICH PARTS OF YOUR BODY YOU DON'T APPRECIATE ENOUGH?**
- 71 WHAT DO YOU LOVE ABOUT YOUR HOME?**
- 72 WHAT ARE YOU MOST LOOKING FORWARD TO RIGHT NOW?**
- 75 WRITE YOUR LIFE STORY IN 10 SENTENCES OR LESS.**
- 74. WRITE ABOUT THE HAPPIEST DAY OF YOUR LIFE.**
- 75. WHEN IS THE LAST TIME YOU LAUGHED REALLY HARD? DESCRIBE THE SITUATION.**
- 76 WHAT DO YOU LOVE MOST ABOUT NATURE?**
- 77. WHAT MAKES YOU HAPPY FIRST THING IN THE MORNING?**
- 78. WHO IS THE MOST INSPIRATIONAL PERSON IN YOUR LIFE? WHY?**
- 79. WHAT CAN YOU DO TODAY TO ENSURE TOMORROW IS WONDERFUL?**
- 80. WRITE ABOUT A TEACHER THAT HAD A HUGE IMPACT ON YOUR LIFE.**

JOURNAL PROMPTS

- 81.DESCRIBE CHALLENGES YOU'VE FACED WITH YOUR FAMILY.**
- 82. WHAT IS A FAVORITE MEAL THAT YOU ENJOY COOKING?**
- 83. WRITE ABOUT WHERE YOU WERE FIVE YEARS AGO. HOW HAVE YOU GROWN?**
- 84. WHAT RELAXES YOU AT THE END OF A LONG DAY?**
- 85. WRITE ABOUT AN ACT OF KINDNESS THAT YOU EXPERIENCED LATELY**
- 86. DESCRIBE YOUR LAST OUTING IN NATURE AND HOW IT MADE YOU FEEL.**
- 87. WHAT IS ONE ASPECT OF YOUR HEALTH THAT YOU ARE MOST GRATEFUL FOR?**
- 88. WHAT DO YOU LIKE MOST ABOUT YOUR NIGHT ROUTINE?**
- 89. WHAT'S SOMETHING THAT BRINGS GREAT JOY TO YOUR HOME?**
- 90. WHAT ASPECT OF YOUR LIFE NEED MORE SELF-LOVE?**
- 91. DESCRIBE THE PERSON WHO HAS BEEN THE MOST INSTRUMENTAL IN YOUR LIFE.**
- 92. WRITE ABOUT ONE LIFE LESSON THAT YOU LEARNED THE HARD WAY.**
- 93. TELL ABOUT THE TIME WHEN YOU WERE CHALLENGED BUT SUCCEEDED.**
- 94. WRITE ABOUT A TIME WHEN YOU WERE BRAVE IN THE FACE OF DANGER.**
- 95. HOW DO YOU LIKE TO SPEND YOUR TIME ALONE?**
- 96 DESCRIBE WHAT A PERFECT WEEKEND LOOKS LIKE TO YOU.**
- 97. WRITE ABOUT SOMETHING THAT YOU ARE PASSIONATE ABOUT.**
- 98. WRITE ABOUT A PLACE YOU LIKE THE MOST. WHY DO YOU LIKE THIS PLACE A LOT?**
- 99 WRITE ABOUT HOW CONNECTED YOU WERE TO YOUR GRANDPARENTS**
- 100. WHAT GUILTY PLEASURE DO YOU ENJOY THE MOST?**

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- 101. LIST 5 FREEDOMS YOU'RE THANKFUL FOR AND WHY YOU APPRECIATE THEM.**
- 102. WRITE AT LEAST THREE REASONS WHY YOU'RE THANKFUL FOR YOUR SPOUSE.**
- 103. WRITE ABOUT THE REASONS WHY YOU THOUGHT WINTER OR SUMMER IS BETTER.**
- 104. WRITE 5 THINGS YOU APPRECIATE ABOUT YOUR NEIGHBORS.**
- 105. DESCRIBE A HOBBY THAT MAKES YOU FEEL CALM. WHY?**
- 106. WRITE ABOUT A TEACHER WHO POSITIVELY IMPACTED YOUR LIFE.**
- 107. LIST 5 STRENGTHS OR SKILLS YOU POSSESS THAT MAKE YOU SPECIAL.**
- 108. WRITE A THANK YOU LETTER TO SOMEONE SPECIAL IN YOUR LIFE.**
- 109. WHEN DO YOU FEEL THE MOST ALIVE OR PASSIONATE?**
- 110. WRITE ABOUT SOMEONE WHO SHOWED POLITENESS, KINDNESS, OR GRACE TO YOU.**
- 112. WRITE A LETTER TO YOUR TEACHER WHO YOU ARE MOST GRATEFUL.**
- 113. WHAT ROMANTIC RELATIONSHIPS ARE YOU GRATEFUL FOR PAST AND PRESENT?**
- 114. WRITE ABOUT ANY SPIRITUAL PRACTICES THAT MAKE YOU FEEL GOOD.**
- 115. WRITE SOMETHING FUN YOU DID WITH YOUR SIBLING.**
- 116. WHAT COMPLIMENT WOULD YOU GIVE TO YOUR YOUNGER SELF?**
- 117. DESCRIBE THE FEELING YOU HAD WHEN YOU GOT YOUR FIRST SALARY.**
- 118. WHAT IS YOUR FAVOURITE PART OF THE MORNING?**
- 119. WRITE ABOUT THE MOST ADVENTUROUS THING THAT YOU EVER DID.**
- 120. DESCRIBE A WEIRD FAMILY TRADITION THAT YOU LOVE.**

DAILY JOURNAL

DATE: _____

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VISUAL JOURNAL

DATE: _____